



# Lower Your Affective Filter!

## Indicators of a High Affective Filter

- I don't feel motivated to work on my English.
- I have negative self-talk about my English abilities.
- I feel anxious or worried before I need to use English.

## What to do:

- Find and follow fun in your English learning.
- Don't beat yourself up over mistakes and failures.
- Celebrate your successes, no matter how small.



# Find and follow fun?

One of the best things you can do, and be always doing, as you work on your English is to be bringing it into the things you're already doing.

You'll be even more effective if you find ways to bring English into things you ARE PASSIONATE ABOUT and enjoy.

That's what "Find and follow fun in your English learning" is all about.

Practicing your English doesn't have to be boring or painful. It can AND SHOULD BE, something you enjoy because it is a part of what you're already doing each day!

The secret: if you're having fun, you're affective filter will be lower! (The invisible wall around your mind.) The lower the filter = the better you'll learn.

This resource was discussed in detail in [this podcast episode](#). (How to get unstuck with your English by effectively dealing with failure.)